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Entertainment

Jackson's kids leading 'normal' lives

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Celebrity Buzz

Harry a single man again

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International unions want change

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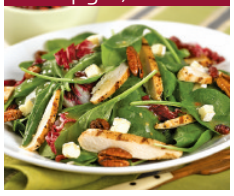

Amazing meal salads

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Expecting skin problems

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World Cup **Portugal** romp

DOUG PENSINGER/GETTY IMAGES

Cristiano Ronaldo gets the ball past North Korea goalie Ri Myong-Guk to score Portugal's sixth goal of the game at Green Point Stadium in Cape Town yesterday. Portugal won the game 7-0, which was shown live on TV in North Korea — a rarity for the reclusive nation. Coverage, pgs 10, 11, 16.

NPA mulls adopting new name

Decision to change signature set for meeting next week

JEFF HODSON
jeff.hodson@metronews.ca

One of Canada's oldest civic political organizations will decide next week whether to scrap the moniker that has held Vancouver's mayor's seat for five of the past seven decades.

Next Tuesday, Non-Partisan Association members will vote at a general meeting whether to adopt the name "Vancouver First" or move forward under their traditional banner.

The choice is a tough one, NPA president Michael Davis said yesterday.

"On the one hand I agree with not wanting to define ourselves by what we are not," Davis said. "But on the other hand, there is a lot of history."

The NPA, a political nominating committee, has been in existence since 1937 and its candidates have held Vancouver's mayor's seat for 51 of the past 69 years.

There is no connection between the proposed name and Surrey First, the political party headed by Mayor Dianne Watts in Surrey, he said.

In April, NPA members voted at their annual general meeting to form a review committee to look at possible new names for the organization.

The committee surveyed members and ex-members with a list of three or four names, including NPA. The top choice was Vancouver First, Davis said.

Changing the name would require a vote of at least 75 per cent of members present next Tuesday at the special resolution.

NPA Parks Commissioner Ian Robertson, for one, is dead-set against changing the name.

"There is huge equity in the name," Robertson said. "I just think we've lost touch with the voters. We need to reconnect to them and provide solid reasons why the NPA is a viable alternative to what we're seeing right now at city hall."

"On the one hand I agree with not wanting to define ourselves by what we are not. But on the other hand, there is a lot of history."
Michael Davis, NPA president

Vancouver First?

- If the organization adopts the Vancouver First name, voters will have a year and a half to get used to it before the next civic election in the fall of 2011.

SkyTrain riders hurt in quick stop

EMERGENCY BRAKES Three elderly women were taken to hospital after a pop can fell onto the SkyTrain track, causing the train to skid to a stop, TransLink revealed yesterday.

The incident occurred Sunday afternoon at the 29th Avenue Station on the Expo Line in East Vancouver.

Four elderly female passengers were injured when SkyTrain's emergency brakes were triggered automatically by the weight of the pop can on the tracks.

SkyTrain president Doug Kelsey said the intrusion alarm is set to a low tolerance and prevents the train from colliding with objects or people on the track.

"Something with the weight of a pop can might also be a wallet or a cellphone or a child's toy," Kelsey said. "The owner of that wallet — or cellphone or toy — could jump onto the tracks after it."

SkyTrain had 231 intrusion alarm incidents in the past month. Of those, 80 were caused by garbage and the other 10 by people jumping onto the tracks to retrieve objects.

JEFF HODSON/METRO VANCOUVER

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Local

Keeping the flame alive

The Vancouver 2010 Olympic cauldron, left, will be re-lit on Canada Day. Brett Calder with Canada Place Corp. said it'll burn bright again on July 1 to remind Canadians of the national pride that was felt during the Games when the country's athletes brought home a record 14 gold medals.

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WHAT'S ONLINE TODAY

Your Money Allan Small on the culprits behind market volatility and how to cope with it at **metronews.ca/investing**

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Squamish goes live

The City of Squamish announced yesterday that it will be hosting a two-day summer music festival.

Live at Squamish will take place over the Labour Day Weekend at the Logger Sports Grounds and Hendrickson Fields. It will feature more than 20 local and international recording artists appearing on three stages.

Some of the acts scheduled to appear include Devo, Tokyo Police Club, the Tennessee Three, Bad Religion and Mother Mother.

Squamish Mayor Greg Gardner said he's hoping the festival grows.

"Absolutely and that is the intention, that we would build upon this first year and the event would get larger each and every year."

There will also be an artisans' and First Nations' Village with art installations and live performances. All tickets are general admission and go on sale June 25. There is a $125 early bird weekend price in effect until July 9. Single-day tickets are $79 and kids under 12 are free when accompanied by an adult.

RAGNAR HAAGEN/ FOR METRO VANCOUVER

NOEL VASQUEZ/GETTY IMAGES

Cult '80s band Devo will perform at a newly announced Squamish music festival Sept. 4-5.

Adult sentences sought for teens charged in Proctor death

TRIAL The Crown says it will seek adult sentences if two teenaged boys are convicted in the murder of an 18-year-old high school student near Victoria.

The 16- and 18-year-old boys, who cannot be named, made their first appearance in court in Victoria yesterday charged with first-degree murder in the killing of Kimberly Proctor of Langford in March.

The boys were ordered to appear in court again July 6.

Crown prosecutor Peter Juk filed a motion seeking adult sentences for the accused, who were arrested Friday and charged with murder, unlawful confinement, sexual assault and indignity to human remains.

The police say Proctor knew both teens and they believe her killing was not random. Her burned body was found along a popular hiking trail near Victoria on March 19.

THE CANADIAN PRESS

News in brief

ASSAULT A Vancouver police officer is facing four charges of domestic assault. The charges were laid on Friday by Burnaby RCMP, Vancouver police Const. Lindsey Houghton said yesterday. The officer has been transferred to administrative duties until the court proceedings are resolved. His name will not be released due to a publication ban.

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B.C. bans new gas, petroleum tenure to restore at-risk caribou
The B.C. government has banned the sale of new natural gas and petroleum tenure in more than 500,000 hectares of land in the province to restore habitat for threatened boreal caribou. There are about 1,400 boreal caribou left in B.C., where they are "red-listed," meaning they are considered threatened to endangered. METRO VANCOUVER

Cycling standards urged

Councillor wants B.C.-wide harmonization to increase biking

JEFF HODSON
jeff.hodson@metronews.ca

B.C. needs uniform cycling standards to increase biking in the province, said a Vancouver city councillor.

Geoff Meggs wants the province to create a cycling development program to tackle issues like cyclist/driver education, harmonized infrastructure standards and the development of eco-tourism cycling routes.

"Right now, different cities are using different standards for building bike lanes," said Meggs.

"It would be good if (money) was spent in a consistent way so that cyclists crossing municipal boundaries will know what to expect of signs to look for."

"It would be good if (money) was spent in a consistent way so that cyclists crossing municipal boundaries will know what to expect."
Coun. Geoff Meggs

Meggs's motion on notice for tomorrow's council meeting calls for Vancouver to co-operate with other municipalities and approach the province through the Union of B.C. Municipalities.

It would aim to create a best practices guide for municipalities and consult about amendments to the Motor Vehicle Act and provincewide enforcement standards. It also calls for the development of safe cycling links between communities.

Court asked to overturn sex attack convictions

CRIME The lawyer for a man who spent 26 years in prison for a series of sex attacks in Vancouver says the B.C. Court of Appeal should overturn those convictions.

The Crown and defence have agreed that the methods used by investigators to identify Ivan Henry as a suspect were questionable.

His lawyer, David Layton, says Henry should not face a new trial because the evidence against him is too weak. The court agreed to hear Henry's appeal last year after a government-appointed lawyer found there may have been a miscarriage of justice in his convictions for rape and indecent assault involving eight women.

Henry was declared a dangerous offender and spent almost 26 years behind bars before he was released on parole last summer pending the appeal hearing.

THE CANADIAN PRESS

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PHOTO COURTESY B.C. WILDFIRE MANAGEMENT BRANCH

The Greer Creek wildfire in central B.C. is seen from an airplane.

Greer Creek wildfire continues to grow

RAGNAR HAAGEN
for Metro Vancouver

HAZARD A wildfire in central B.C. has grown to about 52 square kilometres, with strong winds and dry conditions helping it spread.

Six helicopters are bucketing water and 100 firefighters are working to try to contain the blaze at Greer Creek, near Prince George.

According to the B.C. Wildfire Management Branch, an evacuation alert is in place for 30 properties.

Structural specialists are in the area to assess damage, though the fire has not reached any of the homes.

The fire danger warning remains high to extreme throughout the region.

Since April 1, firefighters have responded to 124 fires in B.C., of which 102 were caused by people.

Following news stories on Twitter...

FoodTweets

Metro Vancouver asked: "What food options beyond hotdogs would you like to see sold on Vancouver streets?"

@2pogi4u Stir-fried Chicken and Avocado Salad with Hot Balsamic Dressing

@Yazapapa Be great to see Malaysian and Thai noodles, Mexican tortilla foods, kababs, Roti, breads... Mmmnnnn, it's about time!

@thaiaway WE VOTE CURRY!

@nanohawa Late Night Butter Chicken would be God Send.

News in brief

FURLONG VANOC CEO John Furlong will be awarded an honorary doctor of technology degree from the B.C. Institute of Technology on Thursday.

FUNDING Theatre Under the Stars, a summer tradition for 64 years in Stanley Park's Malkin Bowl, received a huge shot in the arm yesterday with the signing of its first major sponsor. TD Bank Financial Group will provide $50,000 in funding to the theatre.

IGNATIEFF A Liberal government in Ottawa would legislate a ban on crude oil tanker traffic along B.C.'s northern coast, federal Liberal Leader Michael Ignatieff said in Victoria yesterday.

COURT The lawyer for Carol Berner, a Ladner woman accused of drinking and driving in the death of four-year-old Alexa Middelaer, will ask the judge for a stay of proceedings, CKNW reports. Lawyer David Tarnow said he cannot mount a proper defence because Berner's car was destroyed and a key officer is unable to testify for medical reasons.

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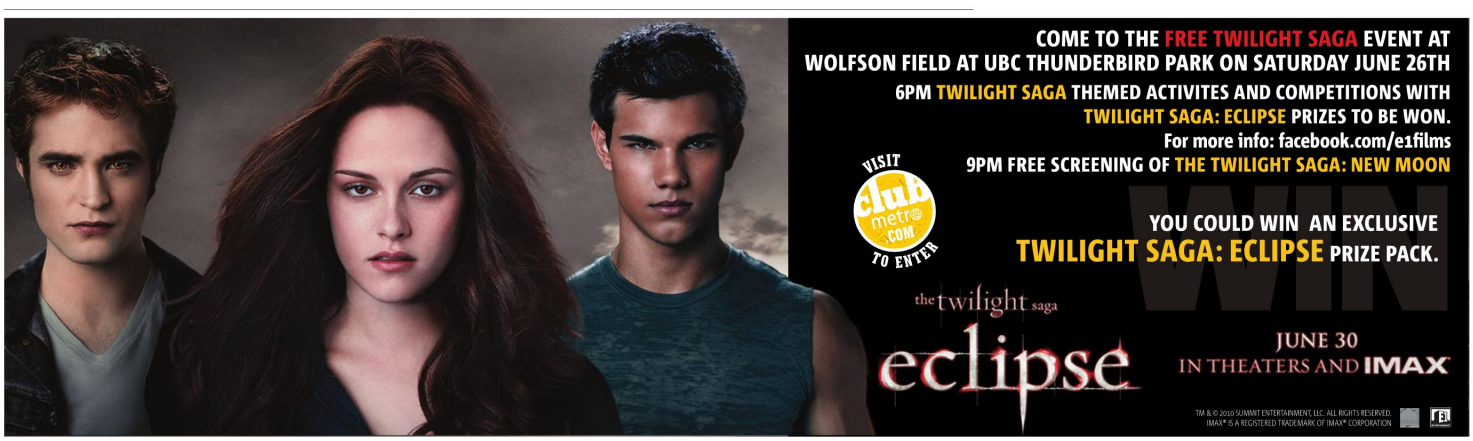

Vancouver helps raise cash for Haiti
Unicef has raised $175,000 for Haiti earthquake relief through the sale of 3,000 Olympic street banners donated by the City of Vancouver. METRO VANCOUVER

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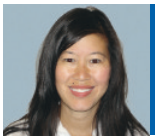
These simple saving tips can help you get the most out of your bank account.



Priscilla Yu
RBC Royal Bank®
Manager,
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Accounts

Everyone is looking for ways to save money. If you've done any household budgeting you know that the worst culprits for draining your resources aren't necessarily big expenditures and shopping sprees. More often the problem is the smaller expenses – the ones you don't even think about – that add up to a big tab at the end of the month. For example, people seldom think about how much they could save by changing their banking habits, or even their bank account.

Debit number-crunching

We might be more inclined to reach for our debit card rather than a credit card for daily purchases because we associate credit cards with interest payments. Besides, debit is so convenient! But if your banking plan doesn't include unlimited debit transactions, you may be paying more in service charges than you realize. Have a look at your monthly statement and compare what you're paying in fees to the cost of an account that suits your banking and purchasing habits better. For many of us, switching to an account that includes unlimited debits can help save money every month by reducing excess fees.

Living in the ATM age

ATM fees can add up too. You should always try to use your own bank's ATM whenever possible. If you don't, you could end up paying twice for each transaction – once to the bank whose machine you're using, and once to your own bank. But sometimes it's unavoidable. An account that waives ATM fees when you use another bank's ATM could save you from some of these charges. Another trick is getting cash back from retailers when you make purchases on debit.

Banking for two

Different people take different approaches to banking – some couples use a joint account for everything, and others prefer to keep their banking separate. Whichever scenario you and your partner or spouse fit into, you may be able to save on monthly fees by switching to a banking package that includes multiple accounts for a single fee.

Bundle up and save

The same principles that apply to the other bundled services in your life – your cell phone plan or your cable television package, for example – can be applied to your personal banking services. And if your current financial institution doesn't offer you discounts on bundled services and accounts, or flat-rate accounts that eliminate *à la carte* charges for transactions you make regularly, it might be time to consider switching banks. A bit of time spent shopping for the right bank account can lead to big savings at the end of the year.

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HST would hurt poor natives: Leader

KYLE FARQUHARSON
for Metro Vancouver

On National Aboriginal Day, the leader of the B.C. Union of Indian Chiefs yesterday voiced his continued opposition to the HST, but said there are no plans yet to step up protests like in Ontario.

> **"There are a lot of families with single mothers who are struggling to make ends meet as it is. The HST would exacerbate an already impossible position."**
> Grand Chief Stewart Phillip

Some aboriginals in the northern part of that province yesterday blockaded a train to protest the harmonized sales tax that start July 1.

"Many aboriginal people in B.C. are among the poorest of the poor. There are a lot of families with single mothers who are struggling to make ends meet as it is," said Grand Chief Stewart Phillip.

"The HST would exacerbate an already impossible position," he added.

Members of the Batchewana First Nation impeded the railroad between Sault Ste. Marie and Sudbury yesterday morning. Ontario First Nations people will receive an HST exemption starting in September, but the tax is slated to come into effect July 1, and so should the exemption, the Batchewana contend.

While not completely ruling out the possibility of a protest in B.C., Phillip said many of this province's indigenous groups are exploring legal options in seeking a repeal of the harmonized tax, and the question of sovereignty is central to their argument. He also met with Bill Vander Zalm and Chris Delaney, the leaders of the anti-HST campaign, three weeks ago.

"We take the position in B.C. that we're sovereign indigenous nations, and nations don't tax other nations."

WITH FILES FROM THE CANADIAN PRESS

Think-tank calls HST impact 'progressive'

TAX The HST won't hurt most low- and middle-income families as much as anti-HST campaigners say it will, according to a new report by the Fraser Institute.

"Under the HST, B.C.'s tax system becomes slightly more progressive, due to the reductions in provincial income taxes and the new HST credit. This means most families with lower incomes will end up paying less tax overall," said the report's co-author Niels Veldhuis, a senior economist with the think-tank.

The Fraser Institute contends that families with incomes between $20,000 and $80,000 will all see a slight reduction in their average combined tax payments. Conversely, families with incomes above $80,000 will pay more.

Former B.C. premier Bill Vander Zalm, whose anti-HST campaign has reached a 15 per cent threshold in all 85 B.C. ridings, said the Fraser Institute presents a biased view.

"For them to suggest that poor families will be better off with the HST is ludicrous," said Vander Zalm.

KYLE FARQUHARSON/ FOR METRO VANCOUVER

Tour board teams with trolleys

FIRST NATIONS The Aboriginal Tourism Association of British Columbia (AtBC) hopes that Stanley Park trolley tours will allow visitors to get a taste of B.C.'s First Nations culture.

The announcement of a partnership between AtBC and the Vancouver Trolley Co. came on National Aboriginal Day, one month after the Stanley Park Board approved the creation of the Klahowya Village Exhibit. "Because the Trolley Co. was running three trolleys a day, we identified them as a potential partner we'd like to work with," said Keith Henry of AtBC.

KYLE FARQUHARSON/ FOR METRO VANCOUVER

Photo gallery showcases rescue of Jews by Albanian Muslims

EXHIBIT Muslims helping Jews is the theme of a new photo exhibit that opens this week at Simon Fraser University.

BESA, Muslims Who Saved Jews in the Second World War will feature photos taken and gathered by photographer Norman H. Gershman. The project took place over a five-year period between 2003-2008.

Each Gershman portrait will illuminate the story of how Albanians, most of them Muslims, rescued virtually all the Jews living in their country during Nazi occupation during the Second World War.

Bill Jefferies, director and curator of SFU's galleries, said the images provide a magical example of people being tolerant and supportive of people who are not like themselves.

"The behaviours discussed, if extended globally, would make this an amazingly pleasant planet."

The exhibit runs June 24 through Oct. 29 at the Teck Gallery, Harbour Centre campus.

RAGNAR HAGEN/ FOR METRO VANCOUVER

News in brief

SHOOTING Delta police were called to a house in the 5200 block of 12th Avenue Saturday afternoon after a single bullet was fired through a window. All occupants were outside and no one was injured.

CEREMONY A special citizenship ceremony was held yesterday at the new Robert Lee YMCA in downtown Vancouver to mark more than a century of the YMCA helping new Canadians.

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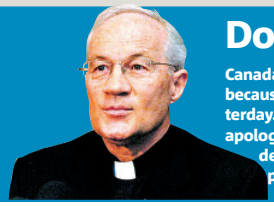
Officials on the lookout for stolen zoo animals

Quebec provincial police have checked with zoos to see if they've been offered a stolen tiger and two camels whose theft has made international headlines. The three beasts vanished last week when thieves made off with the truck and trailer taking them to the Bowmanville, Ont., zoo. THE CANADIAN PRESS

Canada



Don't promote cardinal: Rights group

Canada's highest-ranking Catholic doesn't deserve a rumoured promotion to the Vatican because of the way he's handled the church sex-abuse scandal, a victims' group said yesterday. The group's founder said Marc Cardinal Ouellet, left, had repeatedly refused to apologize for crimes committed within the church, and for the hundreds of lives destroyed. Pope Benedict is reportedly set to name the prominent cardinal to the powerful Congregation of Bishops. THE CANADIAN PRESS

Ottawa **Long live the king**

THE CANADIAN PRESS HANDOUT

A portrait of the Indian king Onigoheriago is shown in a handout photo. To commemorate the 300th anniversary of the historic visit by Queen Anne, the Canadian Museum of Civilization is displaying the famous oil paintings in the summer exhibition Four Indian Kings: War and Diplomacy in 1710, along with related historical information.

News in brief

FUNDRAISER The vice-principal of a school in rural Nova Scotia has raised almost $60,000 in pledges as she prepares for a cross-Canada bike ride to raise funds for childhood cancer research. Gym teacher Suzanne Delaney says training for the 15-day, 7,000-kilometre ride is going well. Delaney, who'll be one of 43 riders taking part in the annual Sears National Kids Cancer Ride, will receive a cheque at an assembly today. The event starts Sept. 9 in Vancouver. THE CANADIAN PRESS

Ottawa should stand up to provinces: Report

It's been a long time since anyone argued that the federal government needs more power, but a new report is calling for Ottawa to stand up for itself against the provinces and bring in an economic charter of rights for Canadians.

Exactly 20 years since the death of the Meech Lake constitutional accord — an epic Canadian struggle between federal and provincial power — a new think-tank is arguing that Ottawa needs to flex its muscles against the provincial barriers to free trade of goods and services within Canada.

The demand flies in the face of conventional political wisdom, especially from Prime Minister Stephen Harper's Conservative government, that Ottawa shouldn't get in the way of provincial power.

But Ottawa is simply too afraid of the provinces to claim its rightful, constitutional powers over the economy, says Brian Crowley, head of the Macdonald-Laurier Institute, a new public-policy research centre in Ottawa.

"Only a failure of federal nerve has prevented the forceful exercise of this clear power and that failure of nerve, motivated chiefly by a fear of offending the provinces, leaves vital interests of Canadians unprotected," he said yesterday.

In a report titled Citizen of One, Citizen of the Whole, Crowley and fellow authors Robert Knox and John Robson say that Canada needs an economic charter of rights and a commission to enforce the powers in the document.

Such a charter would go a long way to building a strong, national identity in Canada, and make it easier for citizens to buy or sell goods, or work in their chosen fields across the nation. TORSTAR NEWS SERVICE

Avoiding talks

The Charlottetown accord — brokered in 1992 in the aftermath of Meech — did contain many provisions toward a stronger economic union. But it collapsed after it was put to a nationwide referendum. Since then, Ottawa has largely avoided any negotiations with the provinces over powers.

Wide support for economic charter

The call for an economic charter of rights has been endorsed by key figures from the left and right of the political spectrum — among them Thomas d'Aquino, former head of the Canadian Council of Chief Executives, as well as Tom Axworthy, former principal secretary to prime minister Pierre Trudeau.

Trudeau was probably the last and most vocal prime-ministerial proponent for the idea of a strong Canadian federal government. Since then, prime ministers have been reluctant to take any steps to enhance or define Ottawa's power in the face of rising provincial power. TORSTAR NEWS SERVICE

Yet another Canadian troop killed by IED

WAR A Canadian soldier on his fourth tour of Afghanistan has become the latest victim of the war against the Taliban.

Sgt. James MacNeil, 28, of Glace Bay, N.S., was killed by an improvised explosive device yesterday morning near the village of Nakhonay after he had dismounted from his armoured vehicle.

MacNeil

IEDs have been the single biggest cause of death among Canadian troops in Afghanistan. Eight out of the 10 Canadian deaths this year were the result of an IED blast. In all, 89 of the 148 Canadian fatalities in the eight-year-old Afghan mission came about from IEDs — which include roadside bombs and some other type of explosives, according to the Department of Defence.

Prime Minister Stephen Harper paid tribute to MacNeil and sent condolences to the soldier's family, friends and comrades. THE CANADIAN PRESS

Top U.S. military officials appeal for ally support in anti-Taliban mission.

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Man succumbs to gunshot wound inflicted by younger brother

A Saskatoon man is dead after being accidentally shot in the neck Saturday evening by his 13-year-old brother, RCMP say. RCMP and an ambulance were called to a rural residence east of Warman, Sask., where they found a 24-year-old man with a bullet wound to his neck. First aid was attempted, but the man died, police said. THE CANADIAN PRESS

Unions demand change

Heads of international labour organization voice concerns to PM ahead of G20

International labour organizers say they have a message for world leaders ahead of the G8 and G20 summits: Things must change.

Leaders of the International Trade Union Confederation, which is holding its world congress in Vancouver ahead of the summits in Ontario later this week, say they will tell international leaders that there won't be economic recovery without jobs.

In fact a large part of the confederation's second World Congress, entitled "Now The People," will look at the global economic crisis and how the congress believes leaders should proceed.

"The initial impetus and imperative for regulation is going to recede and we believe the G20 leaders must not let that happen."
Guy Ryder, Canadian Labour Congress

The group's general secretary, Guy Ryder, and Canadian Labour Congress President Ken Georgetti met with Prime Minister Stephen Harper on Friday to relay the message.

Ryder said global economic recovery is extremely fragile and unemployment levels are still far too high.

"I take away from the meeting his repeated phrase — and I welcome it — that between fiscal consolidation and job creation, he said 'it's a balancing act,'" he said on the first day of the congress.

The confederation, which represents 176 million union workers around the globe, will also meet with German Chancellor Angela Merkel, Australia's Kevin Rudd and other world leaders during the upcoming summits in Ontario.

Delegates at the conference will debate a resolution demanding deep reform to the International Monetary Fund, World Bank, and World Trade Organization.

"Working people are angered by the cause of the crisis and feel a deep sense of injustice at the massive suffering it has brought," says the resolution.

Ryder said they worry as the problem appears to ease for certain financial institutions and on world markets.

"The initial impetus and imperative for regulation is going to recede and we believe the G20 leaders must not let that happen."

THE CANADIAN PRESS

Calls for ex-minister's resignation intensify

CONFLICT OF INTEREST The Canadian Medical Association Journal has added its voice to calls that a former federal cabinet minister resign from the International Development Research Centre.

The journal says that Barbara McDougall should step down as chair of the IDRC board at a two-day meeting beginning today because she was also, until recently, on the board of Imperial Tobacco Canada.

Barbara McDougall

McDougall, who has been chairwoman of the IDRC since 2007, resigned from the Imperial Tobacco board in April of this year.

The Bill and Melinda Gates Foundation cancelled a $5.2-million grant to the Crown corporation early this year when it learned of McDougall's tobacco industry involvement.

The medical journal says having McDougall chair the board contravenes the international Framework Convention on Tobacco Control, which prohibits tobacco industry involvement in the research and development sector.

IDRC helps developing countries find solutions to socio-economic and environmental problems through knowledge and science.

"Ms. McDougall's ongoing role on IDRC's board has undermined the institution's reputation and her effectiveness as chair," write the authors of the editorial.

THE CANADIAN PRESS

Mother, daughter recuperate after surviving mudslide

RESCUE A mother and her 10-month-old daughter are recovering after they were buried by soil that had ripped loose from a waterlogged embankment southeast of Regina.

Danielle Johnson and her two children were paddling in a lake near Midale, Sask., Saturday when part of a sandy cliff gave way and buried them.

She says she was holding her young daughter, Kate, when they were suddenly buried in sand.

Johnson says the force of the wet soil swept the child out of her arms.

She says she felt a kind of sick horror as she scrambled to uncover the child.

Jeff Adams heard the distraught mother's cries for help and rushed to help dig the child out. The girl is now recovering in hospital. THE CANADIAN PRESS

Cancer **Metro pitches in**

AJOY PINTO/FOR METRO TORONTO

Metro Toronto is proud to support the Canadian Breast Cancer Foundation and Prostate Cancer Canada through proceeds raised at the 2010 Metro golf tournament. From left: Grant Newbigging, Metro Toronto senior national account manager; Bill McDonald, Metro English Canada Group Publisher; Savitri Ponnambalam, Canadian Breast Cancer Foundation; Charlene Criscione, Prostate Cancer Canada; Irene Patterson, Metro Toronto Associate Publisher; and Jessica Fife, Metro Toronto marketing and promotions assistant.

Lawyer in bank-bomb case criticizes Toews

JUSTICE A lawyer for one of the men accused of firebombing an Ottawa bank is taking the federal government to task for commenting on the charges.

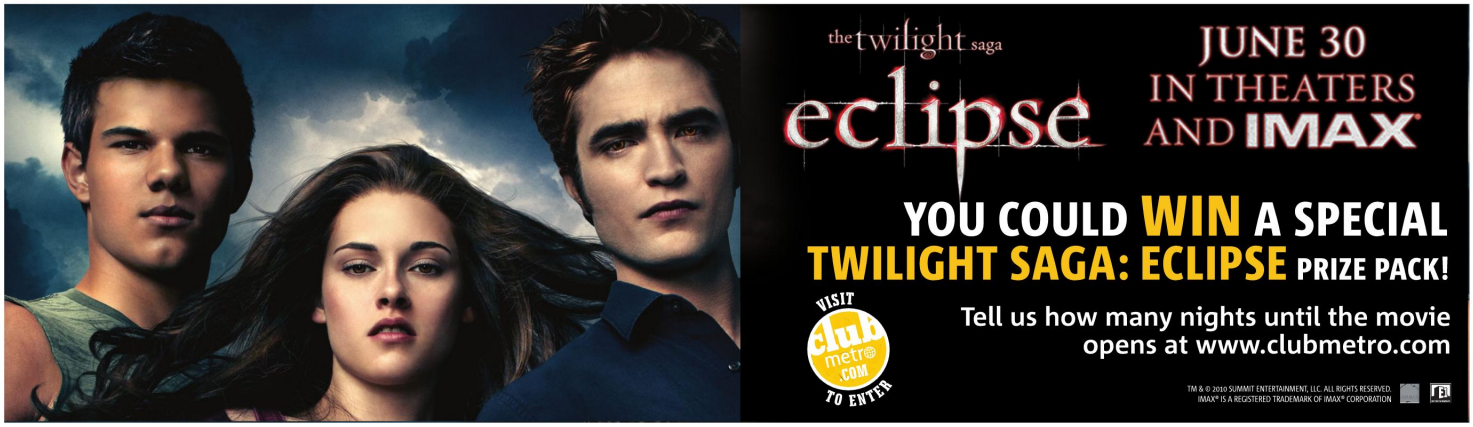
Lawrence Greenspon said yesterday it's not right for public figures to talk about the case, noting a presumption of innocence is "a fundamental pillar of our criminal justice system."

"And I think it's at the very least inappropriate to have public figures commenting on the nature of charges once those charges have been laid," said Greenspon, who represents 58-year-old Ottawa resident Roger Clement.

Public Safety Minister Vic Toews issued a statement applauding police shortly after they held a rare Saturday morning news conference to announce charges against Clement and two other Ottawa men.

"I commend the outstanding co-operation between law enforcement agencies that led to these arrests," Toews said.

THE CANADIAN PRESS



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White House defends Obama golf outing

A White House spokesman says the U.S. benefits when President Barack Obama takes time to go golfing and "clear his mind." Obama spokesman Bill Burton yesterday defended Obama's leisure activities amid some Republican criticism that Obama should not be scheduling fun time during the Gulf oil spill crisis. THE ASSOCIATED PRESS

World

Ethiopian PM re-elected

Ethiopia's election board says the ruling party has won national elections by a landslide. Board chairman Merga Bekana said yesterday's final results install Prime Minister Meles Zenawi, left, for another five years and give his party the majority of seats. Bekana said the May 23 poll was peaceful, fair, credible and free. THE ASSOCIATED PRESS

Political football in France

When France won the World Cup in 1998, poll numbers of top French political leaders surged and the country claimed vindication for its model of assimilating ethnic minorities from former African colonies.

How times have changed.

Instead of projecting an image to the world of racial harmony steeped in Republican values of liberty, equality and fraternity, this year's squad has plunged into fratricidal conflicts playing out in the locker rooms, the press and most crucially on the playing field. What has riled the French perhaps even more has been the surreal spectacle of their sporting heroes refusing to train, their star striker being sent home after an obscene locker-room tirade. The fortunes of the football team have also taken on a political dimension at a time when Nicolas Sarkozy's poll numbers have been sagging and the national mood was already soured by austerity measures in a tough economic climate. Sarkozy's rivals on the left and right have wasted no time in trying to win points from the World Cup fiasco. A Socialist lawmaker went so far as to see a political parable in the sporting disaster: Conservative Sarkozy, suggested Jerome Cahuzac, has fostered the kind of selfish individualism shown by the super-rich players of the French team, to the detriment of the national interest.

THE ASSOCIATED PRESS

FRANCOIS MORI/THE ASSOCIATED PRESS

French striker Nicolas Anelka was expelled from the team after reportedly unleashing a volley of insults at coach Raymond Domenech after being criticized for France's loss to Mexico

Calls from top for 'dignity'

FRANCE Over the weekend, French President Nicolas Sarkozy ordered his sports minister to stay in South Africa to knock some sense into France's bickering squad. "He, like myself, we are taking note of the indignation of the French people and calling for dignity and responsibility," said Roselyne Bachelot. Sarkozy described as "unacceptable" French star Nicolas Anelka's profanity-laced rant against coach Raymond Domenech that cost him a spot on the team. THE ASSOCIATED PRESS

News in brief

OIL SPILL BP said yesterday that its partners in the leaking Gulf of Mexico oil well must share responsibility for the costs in dealing with the disaster, on which BP said it has now spent $2 billion US. BP shares were down four per cent in early trading in London. Meanwhile, BP chief executive Tony Hayward has cancelled his appearance at a London oil conference today, citing his commitment to the Gulf of Mexico relief effort.

THE ASSOCIATED PRESS

Relatives of murdered sweetheart couple hope culprit finds "special place in hell."

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Iran says it bans two UN nuclear inspectors
Iran said yesterday it had banned two UN nuclear inspectors from entering the country. THE ASSOCIATED PRESS

Not great timing

North Korea airs live game, team loses 7-0

North Korea picked the wrong moment to allow its people to see a bit more of the outside world.

The authoritarian regime was so proud of its soccer team in the World Cup that it allowed an unprecedented live broadcast back home of the match against Portugal — a rarity for the communist nation that normally exerts strict control over the media.

What ensued was a different sort of history: North Koreans, used to seeing only positive news about their reclusive country, watched as their soccer team received the worst drubbing so far in this year's tournament and was prevented from advancing to the next round.

As the 7-0 loss to Portugal concluded, the North Koreans quickly halted yesterday's coverage.

It then cut to factory workers and engineers praising North Korean leader Kim Jong Il.

Kim and his totalitarian leadership allow only one state-run TV channel, ban shortwave foreign radio broadcasts and restrict outside Internet access to the elite.

Yet coverage of the 2010 World Cup has been unprecedented, with state TV airing tape-delayed video of a number of matches in full — including that of rival South Korea — despite questions about how the broadcaster would get the feed.

In the past, only snippets of World Cup games were shown, sometimes weeks later.

Negotiations began last year to provide video again but stalled amid rising tensions over the sunken warship. South Korea's SBS television, which owns the broadcast rights for the entire Korean peninsula, said it would not beam the World Cup to North Korea. In a last-minute deal, Malaysia-based Asia-Pacific Broadcasting Union offered North Korea free live coverage.

Nervous but excited, goalkeeper Ri Myong Guk's older brother and other relatives settled in at his in-laws' apartment outside Pyongyang with beer and snacks to view yesterday's game.

"Watching the game live, I felt like I was in South Africa myself," the brother, Ri Myong Il, told APTN in Pyongyang.

But three Portugal goals in the second half in a matter of minutes were met with silence by Ri's family. By the fourth goal, all hope was gone. THE ASSOCIATED PRESS

AHN YOUNG-JOON/THE ASSOCIATED PRESS

A South Korean fan in Seoul cheers on North Korea yesterday.

Punishment back home?

- Defectors, including the ex-North Korea coach, said poor play overseas has meant punishment at home, including being "purged" and sent to coal mines. North Korean Coach Kim Jong Hun insisted Sunday that no punishment would await the team if it failed to advance. "Sometimes you win, sometimes you lose. But there are going to be no further consequences," he said.

French man on trial in prison cannibalism case

FRANCE A prisoner went on trial yesterday and acknowledged killing his cellmate and then eating part of the man's lung.

Nicolas Cocaign, charged with murder and acts of barbarism, told the court in northwestern France that he is now getting psychiatric treatment and feels "stable."

After the charges against Cocaign were read in court, the 39-year-old said he was responsible.

Thierry Baudry's mutilated body was found Jan. 3, 2007 by a prison guard, and an autopsy revealed two chest muscles and part of his left lung were missing.

At the time, Rouen prosecutor Joseph Schmit said Cocaign confessed to stabbing his victim with scissors and suffocating him with a plastic bag before removing and eating part of an organ from his chest — though he mistakenly believed it was the victim's heart.

Cocaign, whose face is tattooed with images including bloody tears and a skull, told investigators he had wanted to eat the victim's heart to "take his soul," according to the indictment.

Defence lawyer Fabien Picchiottino said his client had repeatedly asked to be committed to a psychiatric ward before the killing, but his requests were turned down by authorities.

Baudry's mother said she had long dreaded seeing Cocaign in person.

"I want to know why he did this to my son," Jacqueline Baudry said. "I want him to pay."

A third inmate, David Lagrue, was present in the cell during the attack. Lagrue, who was initially suspected of complicity but was later cleared, committed suicide last year in another prison.

THE ASSOCIATED PRESS

"I want to know why he did this to my son. I want him to pay."
Jacqueline Baudry, mother of victim

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Comment

PM's message control

NationalReport
Lawrence Martin

metronews.ca/nationalreport

Anyone who has worked with Stephen Harper will tell you his No. 1 priority is message control. Control the message and you control outcomes.

That's why, upon becoming prime minister in 2006, he put in place the most all-encompassing vetting system Ottawa had ever seen. Nothing could go out, not even the most minor of communications, without approval from head office.

But to control the message, you have to have influence in the media. So how's this for a coup? Harper now has one of his former directors of communications, Kory Teneycke, as de facto boss of Sun Media coverage. The same Teneycke is also leading the bid from the same organization to create a new conservative television network.

Kory Teneycke

On the newspaper side, Teneycke has already overhauled Sun Media's Ottawa bureau. Several good reporters have been moved out. The replacements are good reporters as well. But anyone who doesn't think they will be under pressure to provide a Conservative spin is deluding themselves. The changes were made for a purpose. The purpose was hardly to have the new hires rushing out to hold the government's feet to the fire.

On the TV side, the new network needs regulatory approval to get up and running. The CRTC will be under tremendous pressure to provide it. As has been demonstrated, Harper does not take kindly to tribunals or commissions that go against his wishes. Those who sit on them can be replaced or have their decisions overturned. Chances of the PM standing idly by and watching this network proposal get shelved are next to nil. The new network won't be as biased as Fox News in the United States, its promoters claim. But in attacking the work of the CBC's Don Newman, they showed their true colours. If they had one-half the experience, the depth and the erudition of Newman, they should consider themselves lucky.

Having one of his former promoters running Sun Media is just one of two great media turns for the prime minister. The other was the recent auction of the Canwest newspapers. Just when it looked like the conservative flagship, The National Post, and the chain's other big-city newspapers were about to be taken over by liberally inclined buyers, Canwest's Paul Godfrey came to the rescue with an 11th-hour bid that will keep the papers in the conservative stable.

Harper stood on the verge of losing the media balance of power in the country. Not only has he maintained it. He has now increased it.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

MICHAEL DE ADDER

Worth mentioning

Afghan opiate use doubles in five years

Drug addicts as young as one month old. Mothers who calm their children by blowing opium smoke in their faces. Whole communities hooked on heroin with few opportunities for treatment.

Use of opiates such as heroin and opium has doubled in Afghanistan in the last five years, the UN said yesterday, as hundreds of thousands of Afghans turn to drugs to escape the misery of poverty and war.

Nearly three per cent of Afghans aged 15 to 64 are addicted to opiates, according to a study by the UN Office on Drugs and Crime. The UN defines addicts as regular users.

That puts Afghanistan, along with Russia and Iran, as the top three countries for opiate drug use worldwide, according to Sarah Waller, an official of the UN's drug office in Kabul. She said a 2005 survey found about 1.4 per cent of Afghan adults were opiate addicts.

53

According to the UN report, the number of regular opium users jumped 53 per cent to 230,000 in 2009 from 150,000 in 2005, while regular heroin users more than doubled to 120,000 from 50,000.

The data suggest that even as the U.S. and its allies pour billions of dollars into programs to try to wean the Afghan economy off of drug money, opium and heroin have become more entrenched in the lives of ordinary Afghans. That creates yet another barrier to international efforts to combat the drug trade, which helps pay for the Taliban insurgency.

Afghanistan supplies 90 per cent of the world's opium, the main ingredient in heroin, and is the global leader in hashish production. Drug crops have helped finance insurgents and encourage corruption, particularly in the south where the Taliban control cultivation of opium poppies and smuggling routes.

Almost one million Afghans — eight per cent of the 15 to 64 age group — are regular drug users, addicted to opiates, as well as cannabis and tranquilizers, according to the report, which was based on surveys of about 2,500 drug users, community leaders, teachers and doctors.

THE ASSOCIATED PRESS

Worth mentioning

Time to gaze at clouds or take a deep breath

Yesterday was International Slowness Day and the best way to celebrate, according to one of its organizers, was to take a deep breath. Or maybe stare at the clouds passing by.

Clemence Boucher, a Montreal community worker, got together with some friends in 2001 and picked June 21 — the longest day of the year — to kick off her movement.

The mother of three said she first thought of the idea of a slowness day in March 2001 during a period when she was under a lot of stress.

Her movement is taking off ... slowly.

Nine years into the event, there were a few dozen participants at a downtown Montreal park yesterday, all relaxing and enjoying music, art and yoga. Use of electricity was a no-no and there were no blaring loudspeakers to stress anyone out.

Boucher had suggestions for how to celebrate International Slowness Day.

"Laugh at yourself, don't take yourself seriously, watch beards grow, gaze at the clouds, have fun, do nothing." THE CANADIAN PRESS

Quote of the Day

"It's a priority, but the problem (is) this is an unprecedented event in this area. No one's ever seen it. We have no historic records of tributaries doing what they're doing right now, so until the event's over, it can be evaluated and the repairs done, we're in a waiting mode."

— ALBERTA AGRICULTURE MINISTER JACK HAYDEN, WHO TOOK AN AERIAL TOUR YESTERDAY OF SOUTHEASTERN ALBERTA, WHERE THERE'S BEEN SEVERE FLOODING DUE TO HEAVY RAIN. THE CANADIAN PRESS

Tell us your views by email to vancouverletters@metronews.ca or comment on metronews.ca or on Twitter @vancouvermetro
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Vancouver 1190 Homer Street, Suite 250, Vancouver, BC V6B 2X6, Tel: 604-602-1002; Fax: 1-866-254-6504; Advertising: 604-602-1002 • adinfovancouver@metronews.ca; vancouver_distribution@metronews.ca; News: fernando.carneiro@metronews.ca

Via Rail plans basic services if workers strike

Via Rail Canada said yesterday that it will run basic services across Canada if ticketing vendors and maintenance staff go on strike on Sunday at midnight. METRO NEWS SERVICES

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Envy of the world

World leaders look at Canada for solutions

Canada thinks it can teach the world a thing or two about dodging financial meltdowns.

The 20 world leaders at an economic summit in Toronto this weekend will find themselves in a country that has avoided a banking crisis where others have floundered, and whose economy grew at a 6.1 per cent annual rate in the first three months of this year.

The housing market is hot and three-quarters of the 400,000 jobs lost during the recession have been recovered.

World leaders have noticed: President Barack Obama says the U.S. should take note of Canada's banking system, and Britain's treasury chief is looking to emulate the Ottawa way on cutting deficits.

G20 Summit

Jim Flaherty

George Osborne, Britain's treasury chief, has vowed to follow Canada's example on deficit reduction.

"They brought together the best brains both inside and outside government to carry out a fundamental reassessment of the role of the state," Osborne said in a speech.

Finance Minister Jim Flaherty recalled visiting China in 2007 and hearing suggestions "that the Canadian banks were perhaps boring and too risk-adverse. And when I was there two weeks ago some of my same counterparts were saying to me, 'You have a very solid, stable banking system in Canada,' and emphasizing that. There wasn't anything about being sufficiently risk-oriented."

THE ASSOCIATED PRESS

NYSE Meatloaf rocks exchange

RICHARD DREW/THE ASSOCIATED PRESS

Bat Out Of Hell rock icon Meatloaf rings the opening bell of the New York Stock Exchange yesterday in New York. Meatloaf is headed for Canada to play concerts this summer.

Business in brief

SOCCER Adidas AG, the world's second-largest sporting goods maker, increased a forecast for record soccer-related revenue this year after sales of World Cup team jerseys more than doubled compared with the 2006 tournament. Adidas is sponsoring 12 teams at the month-long World Cup, which is being played until July 11 in South Africa, as well as the tournament itself. The company is vying for leadership in the world's most popular sport with larger rival Nike Inc., which outfits 10 nations under its own and the Umbro brand. METRO NEWS SERVICES

Good news for the economy: The commercial real estate market is on the rise.

Scan this code for the story.

Learn how to scan on the Local page.

Interest rates/Savings accounts Check bank websites as some rates require minimum account balance

BMO	CIBC	HSBC	ING	PCF	RBC	Scotia	TD	ALLY
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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Tips for good credit scores

AlisonOnMone y Alison Griffiths

griffiths.alison@gmail.com

When was the last time you checked your credit history and score? If it was within six to 12 months go to the head of the class. If you said never or a couple of years ago then you don the dunce cap.

A strong credit score has never been more important. A poor one can stand in the way of everything from getting a car loan, a mortgage or even renting an apartment.

You can access an abbreviated credit report free from equifax.ca or transunion.ca. A full report plus your score will cost from $7.95 to $23.95. A credit score of 750 or above from either agency is considered good.

Here are some tips for a credit history.

- Do pay your bills on time. Late payments will drag down your score.
- Do pay at least the minimum plus a bit more on any bill, loan, line of credit or credit card.
- Do check your monthly bank and credit card statements to make sure every charge is correct.
- Do read your credit card statements for changes to things like interest rates and fees.
- Do contact creditors (including utility, phone and insurance companies) if you are having trouble paying your bills. You may get some extra time before the company reports late or non-payments.
- Do build up a strong history with regular credit card use but pay the balance in full every month.
- Don't go over your credit card limit and don't dip into your overdraft regularly. Both will lower your credit score.
- Don't apply for too many retail credit cards. You may get a discount on purchases when you apply but having a large amount of credit available, even if you don't use it, can lower your credit score.
- Don't delay in reporting suspicious transactions on any bank account or credit card.
- Don't be tempted with Buy Now Pay Later schemes if your credit score is marginal or poor as many of them are actually credit cards and will affect your score.

ALISON'S MONEY RULE
A healthy credit score is like a newborn. Treat it well and you'll receive a lifetime of dividends.

Alison Griffiths' show Maxed Out appears Wednesdays at 10:30 p.m.
alisongriffiths.ca

Dispelling myths about debit and credit card fraud

PROTECTION Canadians use debit and credit cards millions of times each day to purchase goods and services and to access their accounts. Although cases of fraud are rare, they do occur, and it is important to have the best information about fraud in order to protect yourself.

TD Canada Trust offers the following information to help dispel the myths surrounding credit and debit card fraud.

Myth: My debit card is all a thief needs to gain access to my account because the PIN is on the magnetic stripe.

Your PIN is not available anywhere on the card itself. Even if your card is lost or stolen, it cannot be used unless someone has the PIN as well. That is why you should always shield your PIN.

Myth: If I am a victim of debit or credit card fraud, there is no way to get my money back.

Canadian cardholders are protected. Visa cardholders are protected through the Visa Zero Liability Policy, which means they are not responsible for fraudulent or unauthorized charges on their Visa account. Victims of debit card fraud are protected by the Canadian Code of Practice for Consumer Debit Card Services and are reimbursed by their financial institutions.

Myth: Online shopping is unsafe. I shouldn't use my credit or debit card to shop online.

Millions of Canadians enjoy shopping online safely. You can help protect yourself by following some basic tips such as buying from reputable sites and looking for third party seals of approval.

Myth: It's OK to share my PIN with family and friends.

You should not let anyone else know or use your PIN, including family and friends. Avoid writing it down or carrying it in your wallet. No one but you knows your PIN — not even your financial institution.

NEWS CANADA

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Susi Siebert at 604.899.0803 (ext: 105)

Choosing the right insurance policy

HOME INSURANCE We all know we should insure our homes, but when it comes to choosing the right policy, many of us don't know what is — or isn't — covered. Answering some of the most common questions, Henry Blumenthal, vice-president and chief underwriter for TD Insurance, offers his insight.

What does a typical home insurance policy cover?

A standard home insurance policy will ensure that if something like fire, vandalism or theft occurs, your property will be looked after and your valuables replaced. This type of policy is called "named perils" since it provides protection based on a list of the most common risks.

When do you need additional insurance?

A standard home insurance policy has limitations in theft coverage for items, such as jewelry and furs, bicycles, cash, boats and motors. If you have any of these special items, it's a good idea to consider adding additional coverage to your policy. If you're unsure, call your insurance provider to confirm that your valuables are covered.

For more comprehensive building coverage, homeowners can opt for "all risk" coverage, which insures your building for everything unless it is specifically excluded from your policy. Given that your home is often your most valuable investment, most homeowners opt for all risk coverage.

Are there any considerations I should keep in mind when choosing a policy?

Depending on where you live, you may want to purchase additional coverage to protect your home from unique circumstances, such as earthquakes or flooding. For example, TD Insurance offers water damage coverage as an add-on to home insurance. While home insurance does offer some water damage coverage, there are limits to this protection. An insurance expert can help identify what additional coverage will suit your needs.

NEWS CANADA

Replacement cost

- Most standard insurance policies provide for the actual cash value (ACV) replacement of your belongings. This means you receive the value of the item, minus depreciation. To ensure that the contents of your home are valued at the current cost to replace them, you can choose to add replacement value to your insurance policy.

Credit and debit card fraud

What to do if you've been a victim of fraud or identity theft

Credit card fraud:
- Contact your credit card issuer right away. It will take the appropriate steps to protect you from further fraud.

Debit card fraud:
- Contact your financial institution. It will also take the appropriate steps to protect you from further fraud.

Fraud while shopping online:
- Depending on whether it was your debit or credit card that was compromised, contact either your credit card issuer or financial institution.
- You may wish to report the crime to the website of the merchant you dealt with.

Identity theft:
- If you are a victim of identity theft, immediately contact every organization and company you deal with and cancel or close your accounts to prevent further damage to your credit and reputation.
- Contact all federal and provincial identity document issuing agencies because your social insurance number, birth certificate, or other important documents may have been compromised.

Easy steps you should take regardless of what type of fraud has occurred:
- Report the fraud to the Canadian Anti-Fraud Centre (formerly known as PhoneBusters) at info@phonebusters.com.
- Call the credit bureau, ask for your credit reports and have fraud alerts placed on your credit reports.
- Notify the police and file a report.

NEWS CANADA

The 'Fridge' improving from immune system condition

The brother of former NFL star William Perry says the "Fridge" has some hearing loss but is improving from a condition in which the body's immune system attacks nerves. THE ASSOCIATED PRESS

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Sports

EDITOR: DON.MCHOULL@METRONEWS.CA

Back from the brink

Federer survives scare in first round at Wimbledon

Six-time champion Roger Federer overcame a two-set deficit to avert a monumental first-round upset at Wimbledon, beating Alejandro Falla 5-7, 4-6, 6-4, 7-6 (1), 6-0 yesterday.

Federer has reached the tournament final each of the past seven years, but he barely survived the traditional opening match on Centre Court as defending champion.

"I live another day," Federer said. "This one is one I should have lost. That's sometimes how grass-court tennis works."

Falla, ranked 60th, had lost all 11 sets in his previous four matches against Federer, but the Colombian played brilliant tennis to take charge of the match early. The turnaround came in the fourth set with Falla serving for the match and three points from victory, when Federer broke for only the second time.

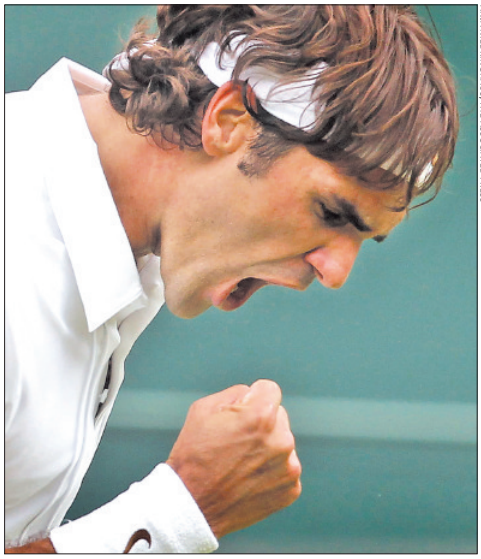
He played his best tennis of the day after that.

It's the third time in a row he has won after losing the first two sets at a Grand Slam event, but the close call was a new experience in such an early round.

"You definitely feel uncomfortable," Federer said. "For me, it's not normal to be down two sets to love. Especially at Wimbledon and early on in Grand Slams, it's something I'm not quite used to."

In women's play, five-time champion Venus Williams beat Rossana de los Rios 6-3, 6-2.

THE ASSOCIATED PRESS



ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS

Switzerland's Roger Federer yells after winning the third set against Colombia's Alejandro Falla at Wimbledon yesterday.

Triumph, defeat for Canadian women

- It was a mixed day for the Canadians in the women's draw. Aleksandra Wozniak of Blainville, Que., defeated Eleni Daniilidou of Greece 7-5, 7-5 while Stephanie Dubois of Laval, Que., dropped a 6-4, 6-4 decision to Kirsten Flipkens of Belgium.

Bruins, Oilers won't tip hands on draft plans for top 2 picks

NHL The Edmonton Oilers and Boston Bruins, who own the top two picks in this weekend's NHL draft, have done all they can to evaluate top prospects Taylor Hall and Tyler Seguin.

Now the teams have to figure each other out.

The Oilers aren't saying which way they are leaning, hoping to extract some concessions from the Bruins in a trade that would allow Edmonton to still draft the player it wants at No. 1 overall. The Bruins insist that they will be happy at No. 2 with whichever skater the Oilers don't choose.

"Right now, as of today, we have one guy over the other. But it's very close," Bruins general manager Peter Chiarelli said yesterday. "Nothing is really imminent now. There's no pressure. There's really no need to talk in detail right now."

Chiarelli said he spoke again with Oilers counterpart Steve Tambellini over the weekend, but until the deadline of the draft looms larger the conversations don't seem to be zeroing in on a deal.

"We both don't want to play any cards to each other right now, if we have any to play," Chiarelli said.

Hall and Seguin, who tied for the Ontario Hockey League scoring lead, are the consensus top two picks in the draft, but there's little to separate them. Seguin was the league MVP; Hall is the only player in the 92-year history of the Memorial Cup to win the tournament MVP in back-to-back years. THE ASSOCIATED PRESS

Sports in brief

PARADE Hundreds of thousands of screaming, fist-pumping, flag-waving fans saluted the world champion Los Angeles Lakers yesterday during a one-hour parade that left no doubt that expectations for a three-peat are high. The parade capped a season that ended Thursday with an 83-79 Game 7 victory over the Boston Celtics and a 16th NBA title for the Lakers.

AHL Claude Noel has been named the new head coach of the AHL's Manitoba Moose. The 54-year-old from Kirkland Lake, Ont., joins the Moose after three seasons as an assistant with the Columbus Blue Jackets.

THE ASSOCIATED PRESS

SCOREBOARD

BASEBALL

YESTERDAY'S INTERLEAGUE RESULTS

Washington 2 Kansas City 1
Cincinnati 6 Oakland 4
Arizona 10 N.Y. Yankees 4

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[1]Open Account by Sept. 17 if by phone/online. Other conditions apply, ask in branch. *Wireless service provider fees and normal account transaction fees may apply. †As ranked by Global Finance Magazine in 08/09. ®Aeroplan is a registered trademark of Aeroplan Canada Inc. CIBC is an authorized licensee of the mark. ®1Registered trademark of CIBC. **No purchase necessary. For full rules, visit www.cibc.com/soccer. Closes July 11, 2010. 2 Grand Prizes to be won, each with an ARV of $2,904 and consisting of a LG 55" LCD HDTV, Nintendo Wii console and 2010 FIFA World Cup South Africa game. Odds of winning depend on number of eligible entries received. Must be Cdn. resident. Skill-testing question required. "It's worth a talk." is a TM of CIBC.

French coach slams players' protest

France coach Raymond Domenech says his players were acting like imbeciles when they protested Nicolas Anelka's expulsion by refusing to train for a match that will decide their World Cup future. France plays South Africa today. THE ASSOCIATED PRESS

World Cup

Slovenians confident

Slovenia captain Robert Koren, left, believes that England's lacklustre performances against the United States and Algeria have given his side confidence of a shock victory when the teams meet in their final World Cup group match tomorrow.

THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

SCOREBOARD

GROUP A

	GP	W	D	L	GF	GA	Pts
Uruguay	2	1	1	0	3	0	4
Mexico	2	1	1	0	3	1	4
France	2	0	1	1	0	2	1
South Africa	2	0	1	1	1	4	1

TODAY'S GAMES

Mexico vs. Uruguay, 7 a.m.
France vs. South Africa, 7 a.m.

GROUP B

	GP	W	D	L	GF	GA	Pts
Argentina	2	2	0	0	5	1	6
South Korea	2	1	0	1	3	4	3
Greece	2	1	0	1	2	3	3
Nigeria	2	0	0	2	1	3	0

TODAY'S GAMES

Nigeria vs. South Korea, 11:30 a.m.
Greece vs. Argentina, 11:30 a.m.

GROUP C

	GP	W	D	L	GF	GA	Pts
Slovenia	2	1	1	0	3	2	4
U.S.	2	0	2	0	3	3	2
England	2	0	2	0	1	1	2
Algeria	2	0	1	1	0	1	1

WEDNESDAY GAMES

Slovenia vs. England, 7 a.m.
U.S. vs. Algeria, 7 a.m.

GROUP D

	GP	W	D	L	GF	GA	Pts
Ghana	2	1	1	0	2	1	4
Germany	2	1	0	1	4	1	3
Serbia	2	1	0	1	1	1	3
Australia	2	0	1	1	1	5	1

WEDNESDAY GAMES

Ghana vs. Germany, 11:30 a.m.
Australia vs. Serbia, 11:30 a.m.

GROUP E

	GP	W	D	L	GF	GA	Pts
x-Netherlands	2	2	0	0	3	0	6
Japan	2	1	0	1	1	1	3
Denmark	2	1	0	1	2	3	3
Cameroon	2	0	0	2	1	3	0

THURSDAY'S GAMES

Denmark vs. Japan, 11:30 a.m.
Cameroon vs. Netherlands, 11:30 a.m.

GROUP F

	GP	W	D	L	GF	GA	Pts
Paraguay	2	1	1	0	1	1	4
Italy	2	0	2	0	2	2	2
New Zealand	2	0	2	0	2	2	2
Slovakia	2	0	1	1	1	1	1

THURSDAY GAMES

Slovakia vs. Italy, 7 a.m.
Paraguay vs. New Zealand, 7 a.m.

GROUP G

	GP	W	D	L	GF	GA	Pts
x-Brazil	2	2	0	0	5	2	6
Portugal	2	1	1	0	7	0	4
Ivory Coast	2	0	1	1	1	3	1
North Korea	2	0	0	2	1	9	0

YESTERDAY'S RESULTS

Portugal 7 North Korea 0

FRIDAY GAMES

Portugal vs. Brazil, 7 a.m.
North Korea vs. Ivory Coast, 7 a.m.

GROUP H

	GP	W	D	L	GF	GA	Pts
Chile	2	2	0	0	2	0	6
Spain	2	1	0	1	2	1	3
Switzerland	2	1	0	1	1	1	3
Honduras	2	0	0	2	0	3	0

YESTERDAY'S RESULTS

Chile 1 Switzerland 0
Spain 2 Honduras 0

FRIDAY GAMES

Chile vs. Spain, 11:30 a.m.
Switzerland vs. Honduras, 11:30 a.m.

x - clinched berth in second round

all times PT

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CHRISTOF KOEPSEL/GETTY IMAGES

David Villa of Spain fires a header at the goal yesterday in a World Cup match between Spain and Honduras in Johannesburg.

Spain returns to form

GROUP H RESULT

Spain 2 Honduras 0

Now that looked like a championship team.

David Villa scored two goals as Spain got its World Cup pursuit back on track with a 2-0 victory over Honduras yesterday.

Villa beat three defenders in the 17th minute before goalkeeper Noel Valladares got a touch to the Spain striker's rising shot but not enough to keep it out.

Villa scored his 40th international goal in the 51st when his shot from the edge of the area deflected off a defender to go over Valladares. But Villa missed a penalty kick in the 62nd, sending it wide right.

Spain has three points and can still win Group H with a victory over Chile, which earlier beat Switzerland 1-0 to lead with six points. Switzerland has three points and Honduras has zero.

"We think this first group is very difficult and we have a tough game against Chile," Villa said. "Being world champions is a long way down the road, there's a long time to go, and many matches as well."

Honduras barely remains alive in the tournament after losing to Chile 1-0 last week.

"We lacked conviction," Honduras coach Reinaldo Rueda said. "There's nothing much to explain except that we had a superior team in front of us."

THE ASSOCIATED PRESS

Honduras still has slim hopes

- For Honduras to make the round of 16, it must beat Switzerland in its last match and hope Chile defeats Spain.

Portugal eliminates North Korea with blowout victory

GROUP G RESULT

Portugal 7 North Korea 0

Portugal revived its World Cup campaign with a 7-0 rout of North Korea in Group G yesterday, eliminating the Asian team from the competition.

Cristiano Ronaldo scored the sixth goal of the game, his first in a competitive match for the national team since the 2008 European Championship.

JURE SENKAL/GETTY IMAGES

Raul Meireles of Portugal celebrates his side's fourth goal.

Ronaldo also set up Tiago's first goal in the 60th. Tiago added another for the 2006 World Cup semifinalists in the 89th, while Raul Meireles, Simao Sabrosa, Hugo Almeida and Liedson also scored.

"It was a great day for Portugal and Portuguese football," coach Carlos Queiroz said "The players are really happy with the way they played, the attitude for the game, the beautiful football, the beautiful goals."

The win moves Portugal into second place in Group G with four points, two behind Brazil. The Ivory Coast has one point, and North Korea is out of the tournament after two straight losses. It was the most one-sided World Cup match since Germany routed Saudi Arabia 8-0 in 2002.

THE ASSOCIATED PRESS

Get creative with your drinks
It's time to get creative. Now at Starbucks you can ask your barista to customize your Frappuccino with the new However-You-Want-It blended beverage. From your choice of milk and coffee (or lack of) to syrup and topping choices, there are hundreds of options! METRO NEWS SERVICES

Food

What's in a name?

A burger with your name on it will become a reality for one lucky beef lover with Harvey's latest contest. Until July 19, Canadians are encouraged to submit a name for the hamburger chain's newest premium, home-style patty served on a warm bistro bun. Visit Harveys.ca/facebook to offer your suggestion and an explanation, which makes you eligible to win $10,000. The new name will be announced on Aug. 16. METRO NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

LiquidAssets

Peter Rockwell

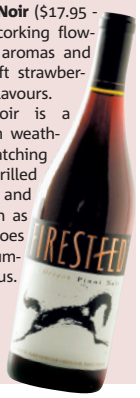
metronews.ca/liquidassets

A warm match

Since it can be such a pain in the butt to grow – often promising heaven and then putting winemakers through hell – pinot noir has earned a reputation as the heartbreak grape. Even when it has the home vineyard advantage – as it does in France's Burgundy region – there's no guarantee of a happy ending.

That said; this fickle piece of fruit has surprised many by warming up to wineries in less traditional cooler climate areas like those in New Zealand and North America.

While the movie Sideways may have you thinking California is the only state squeezing some amazing juice out of pinot, the grape is the signature red of its northern neighbour Oregon; with the **Firesteed 2007 Oregon Pinot Noir** ($17.95 - $22.99) uncorking flowing cherry aromas and relaxed, soft strawberry-infused flavours.



Pinot Noir is a great warm weather red; matching with grilled chicken and meatier fish as well as it does laid-back summer menus.

Personal Gourmet recipe of the month — ROSE REISMAN

Savory meal salads

Above: Spinach Salad with Candied Pecans, Pears and Brie. Right: Shrimp, Avocado and Feta Salad.

Spinach Salad with Candied Pecans, Pears and Brie

PREP TIME: 15 MINUTES
COOK TIME: 15 MINUTES

This is the number-one salad in my catering company. The sweet and savory combination of cinnamon-sugared pecans, ripe pears and small morsels of brie is sensational. There is very little oil in this, but you won't miss it.

You can easily make this a main meal salad by adding some grilled chicken or shrimp.

SERVES 8

INGREDIENTS:

- 1/3 cup pecan halves
- 3 Tbsp icing sugar
- ¼ tsp cinnamon
- 1/8 tsp allspice
- 1/8 tsp nutmeg
- 8 cups baby spinach leaves
- 1 cup diced radicchio
- 1 large ripe pear, peeled, cored and diced
- 2 oz brie, diced
- 2 Tbsp orange juice concentrate, thawed
- 2 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 1 tsp minced garlic
- ½ tsp liquid honey
- ½ tsp Dijon mustard

METHOD:

1. Preheat the oven to 350°F. Spray a baking sheet with cooking oil.

2. Rinse the pecans with cold water. Drain, but do not let them dry. Combine the icing sugar, cinnamon, allspice and nutmeg in a small bowl. Dip the pecans in the sugar mixture, coating them well. Spread on the prepared baking sheet.

3. Bake for 15 minutes in the center of the oven. Remove and cool. When they're cool enough to handle, chop coarsely.

4. Combine the spinach, radicchio, pear and brie in a large serving bowl.

5. Whisk the juice concentrate, oil, vinegar, garlic, honey and mustard together in a small bowl. Pour the dressing over the salad and toss to coat. Garnish with the candied pecans.

Per Serving: Calories 189; Protein 4.2 g; Fat 12 g; Saturated Fat 2.7 g; Carbohydrates 13 g; Cholesterol 9 mg; Sodium 105 mg; Fiber 2.6 g

Shrimp, Avocado and Feta Salad

PREP TIME: 15 MINUTES
COOK TIME: 3 MINUTES

This amazing salad is so filling you'll need only a small portion. Dice the avocado just before you're ready to serve, or squeeze some lemon juice over it to prevent browning if you prepare it earlier in the day.

Always be sure to weigh your shrimp after it has been peeled. For each pound of peeled shrimp, you need to purchase approximately 1¼ pounds of shrimp in the shell. Purchase cooked cocktail shrimp if you don't want to bother cooking raw shrimp.

SERVES 6

INGREDIENTS:

- 16 oz large shrimp, peeled and deveined
- 3 cups diced and seeded plum tomatoes
- 1 cup diced ripe avocado
- 1/3 cup chopped cilantro or parsley
- ¼ cup diced red onion
- ½ cup light feta cheese, crumbled
- 2 Tbsp olive oil
- 2 Tbsp freshly squeezed lemon juice
- 1 ½ tsp minced fresh garlic
- 1 tsp minced jalapeño pepper or 1 tsp hot sauce
- pinch salt and freshly ground black pepper

METHOD:

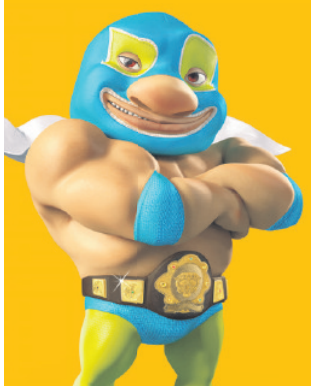
1. Spray a non-stick skillet with cooking oil and place over medium-high heat. Cook the shrimp just until pink, about 3 minutes. Remove from the heat, cool and dice.

2. Combine the shrimp with the remaining ingredients in a large serving bowl and mix thoroughly. Serve immediately.

Per Serving: Calories 229; Protein 19 g; Fat 13 g; Saturated Fat 3.6 g; Carbohydrates 6 g; Cholesterol 127 mg; Sodium 334 mg ; Fiber 2.6 g

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca



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Health & Beauty

Fight pregnancy skin woes

HEATHER BUCHAN
for Metro Canada

Being diligent about moisturizing your body every day can help combat pregnancy-related skin conditions.

It's no surprise that hormones play an important role in the condition of our skin. And that's why pregnant women in particular are prone to a host of unnerving skin changes including acne, pigmentation and stretch marks.

It's increased levels in estrogen and progesterone that allow for a viable pregnancy, but it's these hormones that can also wreak havoc on the skin.

According to Danielle Edwards, the education manager at The International Dermal Institute, what happens to our skin during pregnancy is essentially out of our control.

Although that's no great comfort, she adds that you can combat pregnancy-related skin conditions simply by adjusting your skincare routine and being diligent about moisturizing your entire body every day.

PIGMENTATION

The mask of pregnancy, formally called chloasma, mainly affects women with darker complexions. Essentially, it's discoloured patches of skin that form in a masklike configuration over the forehead, nose and cheeks.

This is because the cell that produces pigment, called the melanocyte cell, is controlled by estrogen, explains Edwards. The good news is that chloasma generally fades a few months after delivery.

Pregnancy also makes women more prone to hyperpigmentation, so freckles and moles become darker and more noticeable. Sun exposure can intensify discoloration, so avoid prolonged sun exposure and be sure to always wear SPF when outside.

"If you haven't been protecting yourself from the sun, hyperpigmentation becomes more difficult to treat at the end of the pregnancy," says Edwards.

STRETCH MARKS

Most women develop stretch marks across their belly and breasts.

"These marks are caused by tiny tears in the tissue that lies just below your skin and enables it to stretch," explains Edwards.

Depending on complexion, stretch marks can be pink, reddish-brown or dark brown. Like pigmentation, stretch marks generally fade after delivery. But the key to keeping them under control is to keep the skin supple by hydrating. Although no cream will actually stop the tearing of the skin as it stretches, applying moisturizing creams will increase the integrity of the skin.

And, Edwards recommends applying vitamin E to any stretch marks you notice forming. "It's a great skin healer," she says.

ACNE

The increase in estrogen and progesterone can cause sebaceous glands to release more oil, resulting in breakouts. Edwards warns that women who are prone to breakouts during their menstrual cycles are more prone to acne during pregnancy.

"On the whole, the way your body was before will govern the way it is during pregnancy," says Edwards.

Edwards recommends washing your face with a gentle cleanser both morning and night, using an oil-free moisturizer (to avoid clogging pores) and using a mild exfoliator once or twice a week.

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LeafSource is a 100% organic mineral composite from a sea bed deposit dated at over 100 million years. Studies confirm that this contains naturally occurring organic acids and alkalizing minerals that can have a direct beneficial effect on the body. Rarely does nature reveal a therapeutic agent so incredible that medical researchers – and the people that try it – are astounded by its health enhancing benefits.

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Athletes United, the World leader in Sports Fitness, endorses LeafSource as one of the most beneficial nutrients for all athletes due to its anti inflammatory, immune modulating & energy enhancing benefits.

As a retailer, we have had tremendous success with this product and almost everyone we have recommended it to over the last few months has come back and thanked us.

Check with your healthcare professional before starting any treatment program.

TESTIMONIAL:

"I've been taking 15+ Tylenol with Codeine everyday now for many many months to help with my pain. In April I was approached by someone who suggested to try the Leaf Source. I have tried everything, Lakota, Glucosamine, as well as SierraSil but decided to try the Leaf Source anyway. The results were immediate to my surprise. It has now been a month, & I have told several friends with different problems about my results and they are now avid users as well. No product will do everything for everyone, but Leaf Source for me means more energy, a great nights sleep & no more back problems. All three I can never remember having.
~ L.C. Winnipeg, MB

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Supplements Plus Oakridge Centre • 604.263.1897 • supplementsplus.ca

Be careful with what you use on your skin

Here are some tips on things to avoid doing while pregnant.

- Stay away from using pure essential oils on your skin, especially during the first and second trimesters as they can enter the bloodstream. Research is still being conducted on what type of effects they can have on fetuses.
- Avoid dermatological treatments that involve galvanic, high frequency, micro-current or laser and microdermabrasion as they pass an electrical current through the body.
- If you're unsure of any skin care ingredient, consult your doctor or dermatologist before using it.

METRO NEWS SERVICES

Pregnant glow

- On the upside, many women enjoy a pregnancy "glow," which results from the greater blood volume circulating in the body, combined with a slight rise in body temperature. The skin not only plumps out, but it retains more moisture and has a soft, velvety texture that radiates.

Family Feud
Levi Johnston's attorney is taking exception with a blog kept by his client's sister, Mercede. Rex Butler says that while Mercede Johnston is free to write what she wants, she won't be privy to information from anyone with Team Levi. And Butler said Levi's team isn't sharing information about his plans, movements or other actions. THE ASSOCIATED PRESS

Entertainment

Growing Pains
It's news that might bring tears to the eyes of Justin Bieber's many faithful fans: the 16-year-old pop sensation admits his voice is changing.
THE ASSOCIATED PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

A way with words

Passionate rhymes fuel hip-hop artist D-Sisive

TheAudioFiles

Bryan Borzykowski
metronews.ca/music

When I heard D-Sisive's first EP, The Book, two years ago, I was absolutely floored. The rapper, whose real name is Derek Christoff, spoke brutally honestly about his parents' death — his father died in 2006 of psoriasis of the liver; his mother passed away of breast cancer in 1997.

His candid lyrics shook me — my wife's mother died of cancer around that time so much of what he said resonated in a strange and sometimes disturbing way. But I wasn't the only one who was mesmerized by his words.

Since then he developed a rabid fanbase and while he's a strong rapper, it's his passionate rhymes that he hopes people will remember him for. "I'm not trying to be the best rapper alive," he says tells Metro. "My goal is to be respected as a songwriter."

That's why he says he's been "harassing" Ron Sexsmith to sing on one of his records for years. "He's got a career that I pray I can have," says Christoff. "He's respected by the best songwriters in the world."

D-Sisive's new album, Vaudeville, features guest vocals by singer-songwriter Ron Sexsmith. It is available today.

Sexsmith finally sang on D-Sisive's new record — Vaudeville — on the song Liberace, about homosexually and having to hide your real self.

Christoff may have to put out a few more albums before Sexsmith fans such as Elvis Costello and Paul McCartney start singing his praises, but make no mistake, it's going to happen. D-Sisive doesn't focus on his parents' death, and self-sabotaging his first chance at a rap career (he was courted by majors in the early 2000s) like he did on his EP and subsequent two LPs, but his words are no less direct and thought-provoking.

The reggae-tinged Never Knew Me could be about a failed relationship, or perhaps he's looking back at his old, ego-driven self. Either way its vivid lyrics like "this is it eh? Who would have thought the seams would have ripped

"It wasn't going to be another 'I'm so sad, no one likes me album' — I'm going to get happy and bring the jiggy back." D-Sisive

the jeans were a fit, blame it on the rain or the weight gain know my hat size it's all passé" that will keep his career going well into this decade.

It also helps that he has a sense of humour. While his first records, especially The Book, were bleak, Vaudeville is full of pop culture references and genuinely funny moments.

Christoff purposely made a lighter record, starting with the title of the disc. "When I referred to this record I said it will be my song and dance disc," he says. "It wasn't going to be another 'I'm so sad, no one likes me album' — I'm going to get happy and bring the jiggy back."

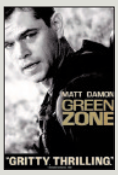
But even though he's a sap singing about romance on I Love a Girl, he doesn't want people to think he's gone too soft. "I could put out an album with 13 I Love a Girl's, but at the end of the day give me a mic and two turntables and I'll still whoop your a—."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

DVD picks

Green Zone

Director: Paul Greengrass



PAUL GREENGRASS IS part journalist and part action filmmaker, switching between docudramas such as United 93 to commercial blockbusters like the two Jason Bourne movies he's made with Damon. Both sides of Greengrass's personality are on display in Green Zone, which many people will understandably think of as "Bourne goes to Baghdad," especially in the more explosive second half. Damon plays Chief Warrant Officer Roy Miller (Damon), a U.S. Army stalwart tasked with rooting out and destroying WMD sites at the start of the Iraq War. This seems an almost comical job, viewed through the 20/20 lens of history, but Miller is convinced that the "intel" on the WMDs is reliable and he intends to follow orders, no matter what the risk. When bust after bust comes up snake eyes, Miller becomes disillusioned with his work and suspicious of the reasons for it. Miller isn't alone in his doubts. Much of this is informed by knowledge of how things actually turned out, which makes Miller and seem a little too prescient to be believed. But Greengrass and screenwriter Brian Helgeland, who has freely adaptedreporter Rajiv Chandrasekaran's book Imperial Life in the Emerald City, aren't seeking to make the angels and demons too obvious.

Peter Howell/for Metro Canada

Tell us what you are recording @vancouvermetro

PVRTweets

@steveshrout My kids record their shows... Hannah and others so they can watch them 10x.
@majorsquirrel the magic bullet infomercial … Can't wait for that! I've almost memorized the whole thing
@mzhalfer hockey (flames games, playoffs), basketball (NBA Finals), and soccer (only for world cup)
@FerCarneiro My Name Is Earl
@KobeHodson South Park

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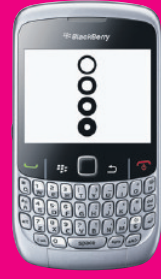

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Anna Nicole Smith judge publishes book

The flamboyant judge brought to fame in the fight over Anna Nicole Smith's remains says he believes someone is guilty of manslaughter in the starlet's death and second-guesses his own decision over where she is buried in a book,The Killing of Anna Nicole Smith, to be released today. THE ASSOCIATED PRESS

One year later, Jackson kids lead 'normal' lives

They are show business royalty, heirs of the King of Pop. Someday, they will be very rich. But a year after their father Michael Jackson's death, Prince, Paris and Blanket Jackson are normal kids full of fun and pranks, devoted to each other and to their grandmother who is their guardian, according to a lawyer who sees them frequently.

They talk about their father and his presence is everywhere in the ranch-style house in the San Fernando Valley where they live. Pictures and memorabilia adorn the walls. The gated compound has additional residences where other members of the family have lived over the years.

"The children are seemingly as normal as normal can be under pretty extraordinary circumstances," says Adam Streisand, the lawyer who represents Katherine Jackson and a frequent visitor to the compound where she lives with the children. He provided an account of life inside their guarded world in an interview with The Associated Press.

The large Jackson family, including eight of Michael's siblings and their families, has been a source of emotional support for the children, who frequently play with their cousins, Streisand says. And over the past year, Michael Jackson's parents, children and siblings have moved on with their lives in a world with his music but without him.

Michael Jackson

In an interview with London's Daily Mail, published Sunday, Katherine Jackson said she misses her son every day but sees his spirit in his three children, whom she is raising "a little less strict" than her son would have.

The children love going to the movies, especially action and fantasy films, and are usually transported by security guards who are also on duty at the family compound 24 hours a day. The Jackson kids are avid students of karate and have made friends at their karate classes. THE ASSOCIATED PRESS

Wrestler Jericho ready for his 'Downfall'

TELEVISION Pro wrestler Chris Jericho is willing to take hits in the ring but will be playing it safe as host of ABC's new game show Downfall.

Downfall is staged atop a 10-story downtown Los Angeles building, with contestants vying for prizes and up to $1 million US cash by taking a trivia quiz. Players face the risk of being pushed off the roof — strapped into a decelerator harness — if they lose.

Jericho is on the rooftop, too, but tethered to a platform to avoid an unexpected trip.

"It's scary when you get up there and stand on the edge," Jericho said. "That's the reason I'm the host. I don't ever have to go over the edge — unless the show gets cancelled, in which case I'm the first one that gets thrown over."

"That's the reason I'm the host. I don't ever have to go over the edge – unless the show gets cancelled, in which case I'm the first one that gets thrown over."
Downfall host Chris Jericho

Downfall begins tonight on ABC

Jericho's sense of humour has been on display elsewhere, including regular appearances on VH1 and E! and as guest host on shows including The Best Damn Sports Show Period and MadTV.

He draws parallels between his World Wrestling Entertainment experience and Downfall beyond their show business elements.

"They're both high-intensity, energetic games," Jericho said. "You're putting something on the line." But, he hastened to add, no players were harmed in the filming of the show. THE ASSOCIATED PRESS

critics'corner

The Good Wife
She's only after him for his body ... of knowledge. Alicia (Julianna Margulies) is working with Will (Josh Charles) on the appeal of a death-row inmate who was convicted on Peter's (Chris Noth) watch. To get some needed information on the case, she agrees to a conjugal visit with her imprisoned hubby. Christine Baranski and Archie Panjabi also star in "Conjugal." 10 PM on CBS GTV

Losing It With Jillian
Jillian moves in with the Northerns, a family that needs motivation to get back on the right track after the father, Patrick, loses his job, a tough break that makes wife Kim the sole breadwinner. To help them redirect their lives, Jillian urges them to throw out a deep-fat fryer that has contributed to their collective weight gain and start moving via roller skating and a step competition. 8 PM on NBC

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 6/22/10	251	308	3 CBC	Laughs	World Cup Soccer Group Stage: Korea Republic vs. Nigeria. (Same-day Tape)					CBC News: The National		Soccer
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		Omni News: Punjabi Edition		Law & Order: Criminal Intent		News
	250	321	9 CTV	etalk (CC)	Access H.	The Mentalist (CC)		(:01) Downfall (CC)		(:01) Criminal Minds "3rd Life"		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma "Nightmare" (CC)		P3	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Wipeout (Season Premiere) (N)		NCIS: Los Angeles (CC)		The Good Wife "Conjugal"		News
	256	389	12 VI	Canada's Worst Driver (CC)		Raising the Bar (CC)		White Collar (CC)		White Collar (CC)		A News (N)
	253	359	13 CITY	Hell's Kitchen A twist surprises everyone. (N) (PA) (CC)				America's Got Talent Audition continue. (N) (CC)				EP Daily
	-	-	14 CW	The Office	The Office	One Tree Hill (CC)		Life Unexpected (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Flesh and Blood"		NCIS: Los Angeles (CC)		The Good Wife "Conjugal"		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	Losing It With Jillian (N)		America's Got Talent Audition continue. (N) (CC)				KING 5 News
	602	568	17 W	How Clean		Style by Jury	Beauty Call	Beauty Call	Style by Jury	Wall of Secrets (2003) Nicole Eggert.		
	288	380	21 ABC	Wheel Fortune	Jeopardy! (N)	Wipeout (Season Premiere) (N)		(:01) Downfall (CC)		(:01) Primetime: Mind Games		KOMO 4 News
	-	-	26 KVOS	M*A*S*H	M*A*S*H	The Saint ★★ (1997, Suspense) Val Kilmer, Elisabeth Shue, Rade Serbedzija.					King	Cold Case
	291	383	27 PBS	Magnificent Mind at Any Age With Dr. Daniel Amen (CC)				Frontline (CC) (DVS)		P.O.V. Attorney William Kunstler. (N) (CC)		
	290	382	28 FOX	Two/Half Men	Two/Half Men	Hell's Kitchen A twist surprises everyone. (N) (PA) (CC)				Q13 FOX News at Ten (N)		Family Guy
	-	364	35 PBS	Frontline (CC) (DVS)		Foot in Grave	After You	Tavis Smiley	Charlie Rose (N) (CC)		NOVA "Kings of Camouflage"	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Case
	298	653	55 TLA	Two/Half Men	Two/Half Men	One Tree Hill (CC)		Life Unexpected (CC)		KTLA 5 News at 10 Ohlman.		Friends (CC)
	295	651	56 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	57 WPX	PIX News at Ten (N) (CC)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	23 NW	CBC News: the fifth estate		CBC News: The National		CBC News: The National		CBC News: the fifth estate		National
	500	500	33 CNN	Anderson Cooper 360 (N) (CC)				Larry King Live		Anderson Cooper 360		Cooper 360
sports	407	419	22 RSP	Sportsnet	MLB Baseball Chicago Cubs at Seattle Mariners. From Safeco Field in Seattle.					Sportsnet Connected		Sportsnet
	400	400	30 TSN	SportsCentre (CC)			Off the Record	Motoring 2010		2006 Score Golf Television		SportsCentre
	411	457	39 OLN	UFO Hunters "First Contact"		Destination Truth (CC)		Operate-Repo	Operate-Repo	Ghost Hunters (CC)		UFO Hunters
	410	403	54 SCR	FIFA World Cup Tonight		Score Now		Score Now		FIFA World Cup Tonight		Cup Tonight
	417	406	55 SC	Race in 60 (N)		Monster Jam		Bullrun		Race in 60		NASCAR
	416	409	144 GLF	(6:00) Soccer		La Liga 360		Gol TV News	Hallo	Paid Program	Toronto FC Game In and Hour	
family	552	543	25 YTV	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	Simple Rules	Family Biz	To Be Indie	Family Biz	Prank Patrol
	555	545	50 TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Aaron Stone	That's-Raven
	553	546	58 TRE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		No. 57: History-House		The Jazz Baroness (2009) Premiere. (CC)			Recreat. Eden	Trespass
	575	583	20 CMT	Home Imp.	Home Imp.	Meet-Wilsons	Meet-Wilsons	Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	24 MM	Video on Trial	Video on Trial	UR11		Pretty Little Liars		Styl'd "Dead and Gone"		MuchMeg
	600	564	29 H&G	House	House	Holmes on Homes (CC)		Sarah's House	Genevieve	Design School (CC)		House
	615	520	31 A&E	Intervention "Ashley" Ashley.		Paranormal	Paranormal	(:01) Intervention "Greg"		(:01) Intervention "Amy P."		Intervention
	628	584	32 SPKE	Deadliest Warrior (N)		Blue Mountain	Blue Mountain	DEA		CSI: Crime Scene Investigat'n		Trek: Voyager
	521	560	34 TLC	Little Couple	Little Couple	Cake Boss	Cake Boss	Little Couple	Happy Family	Little Couple	Little Couple	Inedible
	616	522	36 SHO	The Guard "The Beacon"		Accidental Friendship (2008, Drama) Chandra Wilson. (CC)				Californication	Diary-Call Girl	Diary-Call Girl
	620	523	40 BVO	Spectacle: Elvis		Law & Order "Sundown"		Without a Trace (CC)		Wit ★★★ (2001) Emma Thompson. (CC)		
	601	562	41 SLC	Wedding SOS	Wedding SOS	ET Canada	What	Housewives/OC		Housewives/NJ		Projct Runway
	520	505	42 DIS	Deadliest Catch (N) (CC)		Daily Planet (CC)		Destroyed	Destroyed	Deadliest Catch (CC)		How It's Made
	522	506	44 HIS	Ancient Weather (CC)		Cities of the Underworld		Pawn Stars	Pawn Stars	MysteryQuest (N) (CC)		Weather
	627	528	45 SPC	Defying Gravity "H21K"		Stargate SG-1 "Prototype"		Doctor Who "New Earth"		The Listener (CC) (DVS)		Defy-Gravity
	294	650	57 TBS	The Office	The Office	Lopez Tonight Helen Mirren.		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Colin & Justin's Home Heist		Wife Swap (N) (CC)		Wife Swap (N) (CC)		Restaurant Makeover (CC)		Last 10
	603	561	62 FN	Chefs vs. City "Hollywood"		Restaurant Makeover (CC)		Diners, Drive	Unwrapped	Dinner: Impossible (CC)		Chefs vs. City
	-	-	50 AMC	The Specialist (:45) True Lies ★★★ (1994, Action) Arnold Schwarzenegger, Jamie Lee Curtis. (CC)							(:45) K-911 ★★ (1999) (CC)	
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Conchords	Awesome	Daily Show
	320	621	60 CEN	(6:30) Wild Cherry (2009) (CC)		The Girl in the Park (2007) Sigourney Weaver. Premiere. (CC)				Hancock ★★ (2008, Action) Will Smith. (CC)		
	581	566	101 MTV	The Hills (N)	After	MTV Live	Sex News	1 girl 5 gays	The City	The Hills (N)	After	MTV Live
	261	394	102 V	(6:00) Due South ★★ (1994)		Doc "Love of the Game"		Nell ★★★ (1994, Drama) Jodie Foster, Liam Neeson. (CC)				
	-	-	109 MUL	Wang Gui	Immortal	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

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Audrina Patridge stalker to undergo psychiatric evaluation for choosing to stalk Audrina Patridge
A man arrested outside Audrina Patridge's home has pleaded no contest to stalking The Hills star and will undergo psychiatric evaluation. Deputy District Attorney Wendy Segall says Zachary Loring entered the plea yesterday in Los Angeles. THE ASSOCIATED PRESS

Celebrity Buzz

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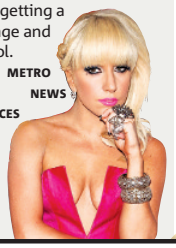
CelebTweets

LADY GAGA knows how to throw a party, **JEWEL** is keeping busy on tour, **SEAN "DIDDY" COMBS** is still bragging about something (he can't help himself), and **BEN STILLER** envies his pal.

@ladygaga Love my whiskey hangover+angry texts from my best friend who barely remembers her bday. DONT PUT ME IN CHARGE IF U DONT WANT IT DONE RIGHT
@jeweljk So excited- introducing my bus driver to hot yoga this morning-ha
@iamddiddy I'm in a great mood today people!!!! I'm alive!
@RedHourBen Lance Armstrong is the only guy in the world who can tweet while getting a massage and be cool.

METRO NEWS SERVICES



Prince Harry's back on the market

HEY, HARRY: I HEAR BOMBSHELL MCGEE IS STILL SINGLE
After six years of on-again and off-again romance, Prince Harry and Chelsy Davy have called it quits, according to the News of the World. "We're finished," Davy reportedly told pals. "This is a new beginning for me. I want to start my career in South Africa where I plan to spend the rest of my life. I don't want to live in Britain." A source tells the newspaper that the split was a long time coming: "It was a gradual end to the relationship. It whimpered out."

METRO WORLD NEWS

Source: Lohan definitely drinking at last weekend's MTV Awards

GET YOUR CREATIVE WRITING HATS ON, LOHANS: YOU'RE GONNA NEED TO COME UP WITH A NOBEL-CALIBRE EXCUSE FOR THIS ONE
Despite the fact that her test for alcohol in her system came back clean after the MTV Awards earlier this month, sources say Lindsay Lohan was definitely drinking the night her alcohol-monitoring anklet went off. "There was absolutely no doubt that Lindsay was drinking, and the report that the alcohol monitoring service provided to Judge Revel was very detailed and extremely reliable," a source tells Radar Online. "The report also says that Lohan's SCRAM bracelet had indeed been tampered with, and this is one of the reasons that Judge Revel determined that Lindsay violated terms of her bail."

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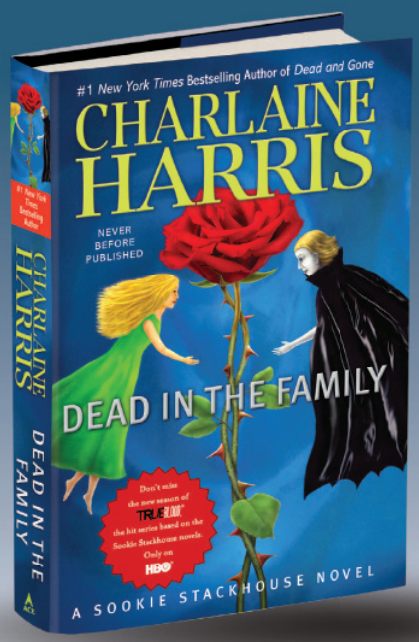

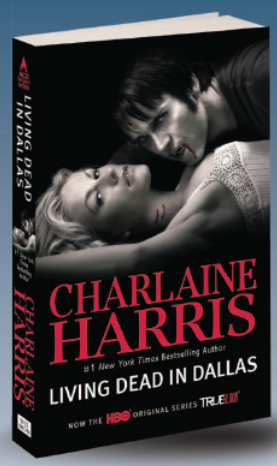

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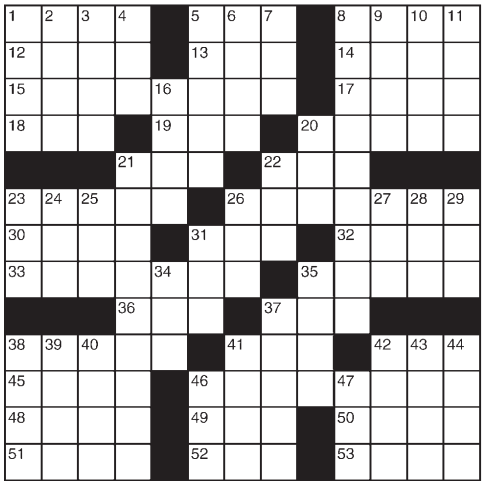


Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

8		7	3		9	1		6
		6				8		
	4						3	
		5	8		4	2		
3								1
		2	9		6	7		
	8						2	
		4				9		
5		1	7		2	3		4

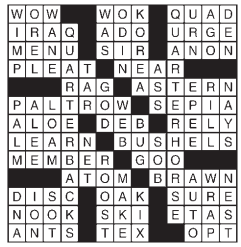
ACROSS

1 Bedouin
5 Spade or club, e.g.
8 Tel —
12 Pop flavor
13 "Born in the —"
14 Tardy
15 Blissful
17 Springlike melody
18 Moines preceder
19 Donkey
20 Dessert "there's always room for"
21 Not post-
22 Gear tooth
23 Passport endorsements
26 Re a city's leader
30 Hebrew month
31 Poke
32 Portrayal
33 In the not-too-distant future
35 Handle effectively
36 Joke
37 Pouch
38 The fifth element
41 Trench
42 Sapporo sash
45 Unoriginal one
46 Dating from long past
48 Indian princess
49 Blond shade
50 Frail
51 United nations
52 Tackle moguls
53 Inquisitive

DOWN

1 Served perfectly
2 Libertine
3 Swiss range
4 "Hum-bug!"
5 Pocket-book
6 Wife of Osiris
7 Lobbying grp.
8 Having hidden spiritual meaning
9 Colorado skiing mecca
10 "— have to do"
11 Kill a bill
16 Galley supply
20 Happiness
21 Pain reliever
22 Taxi
23 Anatomical duct
24 Bachelor's last words
25 "Casablanca" pianist
26 Potentially will
27 Shad product
28 The whole enchilada
29 Started
31 Binge
34 Rose-anne's TV hubby
35 Lightbulb measure
37 Cold rice recipe
38 Zinger
39 October birthstone
40 Nevada city
41 Put on the line
42 Sandwich cookie
43 Prejudice
44 Gross
46 Possesses
47 Possess

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



7	1	2	4	5	6	3	9	8
6	4	8	9	1	3	2	7	5
3	9	5	7	8	2	4	1	6
9	2	3	1	6	4	5	8	7
1	5	4	8	9	7	6	2	3
8	7	6	3	2	5	9	4	1
4	8	1	6	3	9	7	5	2
2	3	9	5	7	1	8	6	4
5	6	7	2	4	8	1	3	9

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Grilled Salmon Salad

INGREDIENTS:

8 cardamom pods, crushed
1 tsp cumin seeds
Grated zest and juice of 1 lime
Juice of 1 orange
1 tbsp soy sauce
1 tbsp honey
4 pieces skinless salmon fillet
4 cups mixed salad leaves
1 mango, peeled and cubed
1 papaya, peeled, seeded and cubed
1 orange, peeled and segmented
Salt and pepper

METHOD:

1. Heat small skillet over medium heat. Scrape seeds from cardamom pods; add to pan with cumin seeds. Toast for few seconds to release aromas and remove to shallow non-metallic dish.

2. Add lime zest and juice, orange juice, soy sauce and honey to seeds; add salt and pepper. Lay salmon in dish and turn to coat. Cover and marinate 30 minutes.

3. Preheat broiler. Place salmon on broiler pan and broil 4 to 5 minutes on one side only; salmon fillets should still be slightly translucent in centre. Meanwhile, pour marinade into small pot and bring just to boil.

4. Arrange salad greens on four plates. Scatter mango, papaya and orange over. Place cooked salmon on top and drizzle with warm marinade. Serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
For every effect there must be a cause and your task today is to find out why certain less than welcome events occurred.

TAURUS ♉
APRIL 21-MAY 21
You may honestly believe that there is nothing you cannot do but don't get so carried away that you make an embarrassing mistake.

GEMINI ♊
MAY 22-JUNE 21
Try not to rely too much on other people today. They may sound convincing but they probably don't know what they are talking about.

CANCER ♋
JUNE 22-JULY 22
Something will catch you out or take you by surprise today, but chances are you won't mind. You'll try anything once — more if you like it.

LEO ♌
JULY 23-AUG 23
Be careful you don't agree to something that is not in your best interests. You may want to help others but it's your happiness that counts.

VIRGO ♍
AUG 24-SEPT 22
You are entitled to feel pleased with what you have achieved in recent weeks, but don't stop there. That was just the first stage.

LIBRA ♎
SEPT 23-OCT 23
You may think you know what you want but Uranus, planet of surprises, could upset your plans if you take anything for granted.

SCORPIO ♏
OCT 24-NOV 22
You seem to be finding it hard to put your thoughts into words at the moment, but that's okay because it's actions that count.

SAGITTARIUS ♐
NOV 23-DEC 21
You may have come through recent difficulties relatively unscathed but don't push your luck.

CAPRICORN ♑
DEC 22-JAN 20
Others may think that your ideas are mad, bad or even dangerous, but who cares about them? The more others complain the more you'll enjoy it.

AQUARIUS ♒
JAN 21-FEB 18
You have kept your passions under strict control in recent weeks, but now you need an outlet for all that pent-up emotional energy.

PISCES ♓
FEB 19-MARCH 20
You have taken a wrong turning and need to retrace your footsteps to the point where you wandered away from the path you were supposed to take.

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This day in history

1825: The British Parliament abolishes feudalism and the seigneurial system in British North America.
1898: Spanish-American War: United States Marines land in Cuba.
1941: Germany invades the Soviet Union in Operation Barbarossa.
1962: An Air France Boeing 707 jet crashes in bad weather in Guadeloupe, West Indies killing 113.
1976: The Canadian House of Commons abolishes capital punishment.
1984: Virgin Atlantic Airways launches with its first flight from London Heathrow Airport. METRO NEWS SERVICES

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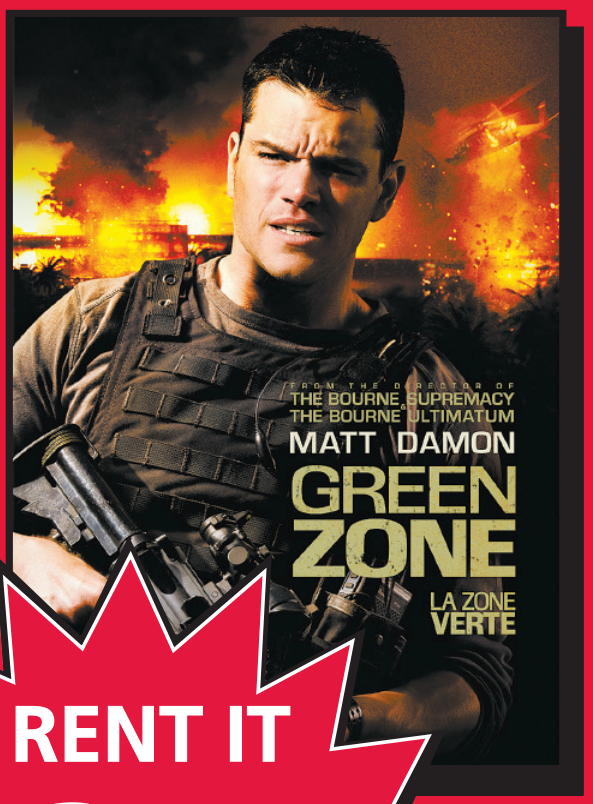

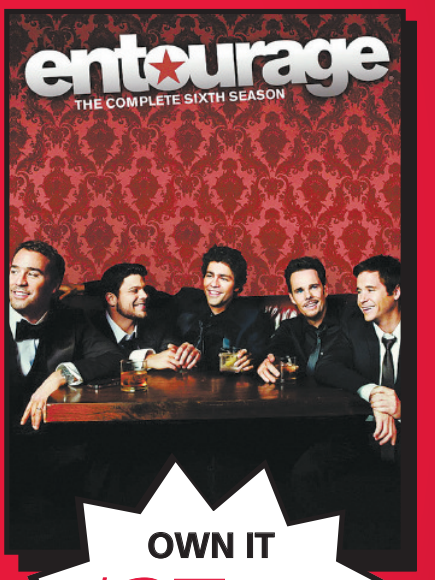

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